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COOPERATIVE EXTENSION WORK IN AGRICULTURE AND HOME ECONOMICS.

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BOYS' AND GIRLS' CLUB WORK.

RECIPES FOR THE USE OF POTATOES AND HOMEMADE¹ POTATO STARCH.

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POTATO STARCH RECIPES.

WHITE SAUCE.

2 tablespoons potato starch.	1/4 teaspoon salt.
2 tablespoons butter.	Few grains of pepper.
1 cup milk.	

Rub together butter and starch in saucepan; add seasoning. Pour on the scalded milk gradually, stirring constantly until well mixed, then beat until smooth and glossy.

By heating the butter and flour together in a saucepan and adding the cold milk one can save the use of a second vessel. Time can also be saved in making white sauce in this way, because of the higher temperature obtained when heating butter.

BOILED CUSTARD.

4 tablespoons potato starch.	4 eggs.
8 tablespoons sugar.	1/2 teaspoon salt.
1 quart milk.	1 teaspoon vanilla.

Beat eggs slightly; add sugar and salt. Mix potato starch with a little milk, add the remainder of the milk, and cook in double boiler for five minutes, or until it thickens. Pour gradually over the eggs, stirring constantly. Cook in double boiler for a few minutes longer. Watch the boiling custard carefully, for if cooked too long it will curdle. Add vanilla just before removing from fire. If a thicker custard is desired, use a little more starch.

This custard may be adapted to a number of uses. It may be used as a sauce for sponge cake, or, when chilled thoroughly, it is delicious poured over various kinds of stewed fruit.

It is not necessary to use the whites of the eggs in the custard. They may be beaten to a stiff froth, sweetened to taste, and poured over the custard, making a nourishing dessert known as "floating island."

The whites of the eggs may also be used in making snow pudding, over which is poured the boiled custard.

FROZEN CUSTARD.

Custard made rather thin, and with or without fresh or canned fruit added, may be frozen. Such frozen custard with lady fingers (see p. 3) is a nutritious as well as palatable dessert.

¹ For directions for preparing home-made potato starch consult Form O-4, Potato starch and its use in the home.

LEMON PUDDING.

8 tablespoons potato starch.	4 eggs.
$\frac{3}{4}$ cup sugar.	1 quart milk.
2 tablespoons butter.	Juice and grated rind of 2 lemons.

Beat yolks of eggs slightly, add sugar, butter, and juice and grated rind of lemons. Mix starch in a little cold water and add scalded milk gradually. Then add the previously mixed ingredients and cook in double boiler, stirring constantly until the mixture is quite thick. Add whites of eggs beaten stiff. Pour into a mold, chill, and serve with cream and sugar.

FRUIT BLANC MANGE.

$3\frac{1}{2}$ tablespoons potato starch.	Sugar to sweeten.
1 pint fruit juice.	

Put juice in saucepan, sweeten to taste, and place over fire until it boils. Add starch which has been previously mixed with cold water. Pour into a mold and set away to cool. Serve with boiled custard (see p. 1) or with whipped cream and sugar.

BATTER PUDDING WITH FRUIT.

4 tablespoons potato starch.	1 pint milk.
6 tablespoons sugar.	$\frac{1}{2}$ teaspoon salt.
Yolks of 5 eggs.	

Beat egg yolks until lemon colored, add sugar, and beat again until light. Add starch mixed in cold milk. Add above mixture to 1 quart of milk at boiling point. Stir until thickened. Pour into baking dish, and set in oven and bake. Place over top a layer of canned peaches or any other available fruit. Cover with a meringue made of the whites of eggs, allowing 1 tablespoon sugar to each egg. Put in oven until the meringue is light brown.

POTATO STARCH LEMON PIE.

4 tablespoons potato starch.	3 tablespoons lemon juice.
$\frac{3}{4}$ cup sugar.	Grated rind of 1 lemon.
$\frac{3}{4}$ cup boiling water.	1 teaspoon butter.
2 egg yolks.	

Mix potato starch and sugar; add boiling water, stirring constantly. Cook 5 minutes; add butter, egg yolks, and rind and juice of lemon. Pour mixture into crust which has been previously cooked. Cover with meringue made of the whites of the eggs. Return to oven to brown meringue.

POTATO STARCH SPONGE CAKE.

6 eggs.	Grated rind $\frac{1}{2}$ lemon.
1 cup sugar.	$\frac{3}{4}$ cup potato starch.
1 tablespoon lemon juice.	$\frac{1}{4}$ teaspoon salt.

Beat yolks until thick and lemon colored, add sugar gradually, and continue beating. Add lemon juice, rind, and whites of eggs beaten until stiff and dry. When whites are practically mixed with yolks, carefully cut and fold in potato starch mixed with salt. Bake one hour in a slow oven, in an angel-cake pan or deep narrow pan.

LADY FINGERS.

Whites of 3 eggs.	4 tablespoons potato starch.
$\frac{1}{2}$ cup powdered sugar.	$\frac{1}{2}$ teaspoon salt.
Yolks of 2 eggs.	$\frac{1}{2}$ teaspoon vanilla.

Beat whites until stiff and dry; add sugar gradually, and continue beating. Then add yolks of eggs, beaten until thick and lemon colored, then add flavoring. Cut and fold in potato starch mixed with salt. Using a pastry bag and tube, or a cornucopia made of paper and having a small opening at the pointed end, force the batter into the desired shape. Shape $4\frac{1}{2}$ inches long, 1 inch wide, on a tin sheet covered with unbuttered paper. Sprinkle powdered sugar over them, and bake 8 or 10 minutes in a moderate oven. Remove from paper with knife.

Lady fingers are often served with frozen desserts. They may be put together in pairs, with a thin coating of whipped cream between. Very commonly they are used for lining molds that are to be filled with whipped-cream mixtures.

POTATO STARCH ANGEL CAKE.

Whites 8 eggs.	$\frac{3}{4}$ cup potato starch.
1 teaspoon cream of tartar.	$\frac{1}{4}$ teaspoon salt.
1 cup fine granulated sugar.	$\frac{3}{4}$ teaspoon vanilla.

Beat whites of eggs until frothy, add cream of tartar, and continue beating until eggs are stiff and flaky; then add sugar gradually. Cut and fold in potato starch mixed with salt and sifted several times, and add vanilla. Bake 45 to 50 minutes in a moderate oven, in an unbuttered angel-cake pan. After cake has risen and begins to brown it may be covered with a buttered paper. When done, loosen the cake around the edge and turn out at once.

POTATO RECIPES.

POTATO SOUP.

3 potatoes, of medium size.	$1\frac{1}{2}$ teaspoons salt.
4 cups skim milk.	$\frac{1}{4}$ teaspoon celery salt, or
1 small onion.	2 tablespoons celery, cut in small pieces.
4 tablespoons butter.	$\frac{1}{2}$ teaspoon chopped parsley.
2 tablespoons flour.	Little cayenne pepper or paprika.

Boil the potatoes, and when soft rub them through a sieve. Slice the onion and scald this and the celery with the milk. Take out the onion and add the milk slowly to the potatoes. Melt 2 tablespoons butter, into which mix the dry ingredients, and stir into the boiling soup. Boil one minute; strain, add the remainder of the butter, and sprinkle with the parsley when ready to serve. The parsley improves the looks and adds a little to the flavor, but may be omitted if this is more convenient.

BOILED POTATOES.

Select potatoes of uniform size. Wash, pare, and drop at once into cold water to prevent them becoming discolored. Cook in boiling salted water until soft, but not until broken. For six medium-sized potatoes allow 1 tablespoon salt and boiling water enough to cover. When the potatoes are done, drain off the water, place the uncovered kettle on the back of the stove, and let them steam until serving time.

When potatoes are boiled with their jackets on they should be washed and a narrow band of skin cut from the center. This tends to let the steam escape more rapidly and renders the potato more mealy and palatable. It also makes it easier to remove the skin at table. Potatoes boiled in this way are palatable for several hours if kept hot uncovered on the back of the stove.

BAKED POTATOES.

Select smooth, medium-sized potatoes. Wash, using a vegetable brush. Bake in a hot oven for about 45 minutes, or until soft. Remove from the oven, break the skin slightly to let the steam escape, and serve at once. When potatoes are baked properly they are commonly said to be especially wholesome. However, they are better cooked in boiling water than baked in a slow oven.

STUFFED POTATOES.

A nice way to secure variety is to cut a slice from the top of each baked potato and scrape out the inside. Mash, season with salt, pepper, chopped parsley (if liked), and butter, and heat in a little hot milk; add 2 well-beaten whites of eggs. Refill the skins, sprinkle with grated cheese, and bake in a hot oven about six minutes.

MASHED POTATOES.

Force five hot boiled potatoes through a potato ricer or a colander (coarse strainer). Add 2 tablespoons butter, 1 teaspoon salt, a little pepper, and one-third cup of hot milk; beat with a fork until creamy. Reheat, and serve in a hot vegetable dish. This quantity is sufficient for a family of four.

RICED POTATOES.

Force hot boiled potatoes through a potato ricer or a coarse strainer into a hot dish in which they are to be served. Mashed and riced potatoes may be browned by placing the dish in the oven for a few minutes.

SCALLOPED POTATOES.

Wash and pare potatoes; let them soak for a half hour, and cut in $\frac{1}{4}$ -inch slices. Butter a baking dish, put in a layer of the sliced potatoes, sprinkle with salt and pepper, dredge with flour, and dot over with $\frac{1}{2}$ tablespoon of butter. (A little grated cheese may be sprinkled over each layer if desired.) Repeat until the baking dish is nearly filled, then cover with hot milk. Bake $1\frac{1}{2}$ hours in a moderate oven, or place on the back of the stove and cook slowly.

SARATOGA CHIPS.

Wash and pare the potatoes. Cut in thin slices (using vegetable slicer preferably) and drop at once into cold water. Let soak two hours, changing water two or three times; drain, drop into boiling water, and boil one or two minutes. Dip out with skimmer and plunge into cold water again. Take from the water, dry between towels, and fry in deep fat until light brown. Drain on brown paper and sprinkle with salt. Plunging the potatoes into hot water and boiling them for a minute or two causes the starch particles to swell and become set. The "chips" will, therefore, absorb very little fat, and are more crisp and palatable than when dropped at once into deep fat.

CREAMED POTATOES.

There are several different ways in which creamed potatoes may be prepared. (1) Freshly boiled or cold boiled potatoes may be cut into small cubes and served heated in cream sauce. (2) Wash, pare, and cut potatoes into small cubes. Put into frying pan with a few slices of onion cut up very fine, and parboil 10 minutes. Pour off water. Add one tablespoon butter, seasoning of salt and pepper, and milk enough to cover. Cook for 15 or 20 minutes, or until the potatoes are well done and the sauce thick and creamy. It is necessary to stir the potatoes frequently to prevent sticking. The starch in the potatoes thickens the sauce.

FRENCH FRIED POTATOES.

Wash, pare, and cut into eighths lengthwise. Soak in cold water one hour; drain, and dry between towels. Fry in deep fat, which must not be too hot. Drain on brown paper and sprinkle with salt.

SHOESTRING POTATOES.

Potatoes cut in long, narrow strips and prepared by the above recipe are called Julienne or shoestring potatoes.

PANNED POTATOES.

Cut cold boiled potatoes into quarter-inch slices; dredge lightly with flour and fry in pan with a little butter. When light brown, heap on side of pan; let stand a few minutes, then loosen with a knife and turn out on a platter in much the same way that an omelet is taken out. Sprinkle with salt and serve at once.

HASHED BROWN POTATOES.

Cut cold boiled potatoes into small pieces (2 cupfuls), season with salt and pepper, cook 3 minutes in one-third cup bacon drippings, stirring constantly. Let stand a few seconds to brown underneath; fold like an omelet, and serve on a hot platter.

PAN FRIED OR SAUTÉED POTATOES.

Slice cold boiled potatoes in quarter-inch pieces; season with salt and pepper, and brown on both sides in well-greased frying pan.

POTATO SALAD.

Cut cold boiled potatoes into half-inch cubes and season with salt and pepper, or a few drops of onion juice if desired. Heap in a mound in a salad dish, garnish around edge with a circle of lettuce and hard-boiled eggs, and pour over all a French dressing made as follows:

$\frac{1}{2}$ teaspoon salt.	4 tablespoons olive oil.
$\frac{1}{8}$ teaspoon cayenne.	
2 tablespoons vinegar.	
	Little onion juice.

Mix the ingredients in the order named, and stir until well mixed. For variety add to 2 cupfuls of potato one-half cupful of cold beet dice (cooked) and 2 tablespoons chopped parsley or cheese; carrots and a little chopped celery leaf may be used if preferred.

Many cooked or canned left-over vegetables may be attractively used for salads. Dice of turnips and carrots cut in fancy shapes are often used in potato salad. Left-over beans, peas, etc., may be used to fill tomato cups and served with a French or a mayonnaise dressing.

MAYONNAISE

$\frac{1}{2}$ teaspoon salt.	Yolk of 1 egg.
$\frac{1}{4}$ teaspoon mustard.	3 tablespoons lemon juice.
Little cayenne.	1 cup olive oil, or cooking oil.

Mix the dry ingredients; add the egg yolk, and beat for 5 minutes. At first add oil drop by drop, stirring constantly. Add oil and lemon juice alternately, beating constantly.

The secret of making good mayonnaise is to have the oil and the mixing bowl cold. The bowl containing the mixture should be set in a large bowl of crushed ice. A fork or a good egg beater may be used to mix the dressing.

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